



PHYSICALS



It's that time again! Time to prepare your athletes for next year! All athletes (7-12 grades) and marching band (high school) members are required to have a physical. Here at Shallowater ISD, that is something we require to be renewed each school year prior to participation. With our increased number of students involved in extra-curricular activities and a focus on safety, we have decided to continue our approach to pre-participation physicals for the 2025-26 school year. First and foremost, we highly encourage students to obtain their physical, (only on the UIL form on our website www.shallowaterisd.net) from their Primary Care Physician ASAP. We also have these forms available in the Athletic Training Room. This is the best way to obtain your student's physical. The physical must be on the UIL form. We would like to have all physicals for next year turned in ASAP. If you are participating in fall activities, we would like these turned in by June 27, 2025.

As another option, we have created a partnership with Sycamore Family Medicine that will allow students to obtain a physical with a minimal charge at their clinic, with an appointment. **THIS OFFER IS GOOD FOR SHALLOWATER STUDENTS ONLY!!** Sycamore Family Medicine has decided to donate all proceeds from the physicals they perform for us during this time, back to our SISD Sports Medicine fund as our fund raiser for the year. The charge for these physicals will be \$15. Physicals have been our fundraiser for Athletic Training in the past.

Please call (806) 696-3700 to arrange a time to get your physical with Sycamore Family Medicine if you choose to take advantage of this offer. Checks can be made to "Shallowater Athletic Booster Club". Once you get your physical, please bring it to the Athletic Training Room.

Limited spots are available daily beginning April 28 and going through May 23. After this time, Sycamore Family Medicine will resume their standard charge of \$35 per physical. Please don't wait, call while spots are still available.

